



FIT CITY MONTHLY CHALLENGE-JANUARY

Walk into the New Year!



The holidays are over and the tasty treats are gone. Along with the nice gifts and pleasant memories of time spent with loved ones, many San Antonians will be wondering what to do about the unwanted weight they may have gained during a festive season of over-indulging in holiday snacks while not getting enough exercise. The Mayor's Council on Physical Fitness suggests cutting down on sweets and fatty foods and beginning a regular, gentle walking program.

The National Institutes of Health (NIH) recommends that a reasonable time to achieve a 10% reduction in body weight is 6 months. This reduction in body weight can be achieved by walking 30 minutes for 3 days a week and building to 45 minutes of more intense walking at least 5 days a week. The NIH suggests that all adults should accumulate at least 30 minutes or more of moderate-intensity physical activity on most, if not all, days of the week. With just 30 minutes of walking each day (or around 2 easy miles), an individual can potentially "walk off" about 2 pounds of fat a month. This type of fitness program can be modified to include a variety of physical activities; however, walking is suggested because it's simple, affordable, has low-impact on the knees and joints and can be accomplished in your neighborhood, nearby park, on a treadmill or during a lunch break.

So, if you gained a few pounds over the holidays, do not be dispirited, and by all means, do not give up. Since fatty foods are high in calories and eating too much sugar encourages your body to store the calories you eat as fat; walking, along with eating less sweets and fats, is a great way to feel better and get rid of those few extra holiday pounds!